HNSA HEAD+NECK SURGICAL ASSOCIATES

PORTLAND
ORAL & FACIAL SURGERY

PRE-OPERATIVE INSTRUCTIONS FOR ORAL SURGERY

On behalf of the entire staff here at HNSA, we welcome you and look forward to your upcoming procedure with us. You have elected to have IV sedation/general anesthesia, so here are a few reminders.

Before Surgery:

- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE**
  This is very important for your safety! This includes **NO** water, coffee, tea, juice, mints, gum, etc. If you fail to follow these instructions, we will have to reschedule your procedure. If you take morning medication, please do so with a **SMALL** sip of water.
- Brush your teeth but do not swallow any toothpaste or water
- Wear comfortable clothing, including baggy/stretch pants and good walking shoes. No high heels, slippers, or flip flops. You will need to wear a short sleeve shirt so we can put EKG monitors on you, a pulse oximeter, and start an IV in one arm.
- A responsible adult must accompany you to the office. They need to check in at our front desk with you, remain in our waiting room during the whole procedure, take you home, and plan on staying with you. We **CANNOT** send you home alone or on public transportation. Minors must have a legal guardian as their ride.

After Surgery:

- You will wake and recover in the surgery chair.
- Possible side effects of the IV anesthesia include, but are not limited to: dry mouth, nausea, weeping/crying, sleepiness, or anxiety.
- You will have gauze in your mouth. The gauze helps to stop the bleeding.
- The IV will stay in place until you are discharged.
- You will be discharged once we determine that it is appropriate for you to leave our care.
- We will go over post-operative instructions with your escort. Preferably your escort will be someone that can stay with you and take care of you after the procedure, since you will be groggy.
- Do not plan to work or participate in any activity until the day after the surgery.
- DO NOT DRIVE FOR AT LEAST 24 HOURS AFTER SURGERY.
- Follow our advice for the quickest recovery.